CVRES OF

the Diſeaſed, in remote

Regions.

PREVENTING MORTALI-

rie, incident In Forraine Attempts,

of the *Engliſh* Nation.

La honra mas vale,
merecerla que tenerla.



Watson (G.)
K

At London
Printed by F. K. for H. L.
1598.

2



TO THE QVEENES MOST EXCELLENT MAIESTIE.

SAcred Soueraigne, in my iniuſt impriſonment in Spayne, it pleaſed God to afflict me with the Tabardilla Peſtilence: whereof being in cure, by an eſpeciall Phiſition of that King, I obſerued his methode for the ſame, and ſuch other Diſeaſes, as haue periſhed your Maieſties people in the Southerne parts. Which Remedies haue ſince, by my direction, taken the like good effects.

And of perfect Zeale to your Ma-
iesties Seruice, and Countries weale,
I therewith acquaint your Highnes
Subiects, Inuocating God to preserue
your Maiestie, enable them in
your seruices, protect your King-
doms, and suppresse your
Enemies.

Your Maiesties

loyall Subiect

George Watson.

The Writers minde.

Man that is borne, not for himselfe is borne,
But for his Prince, his Countrie, and his friends.
To helpe the sicke, distressed and forlorne,
Are workes of mercie, men to men extends.
Who hath the power, and meanes, and will not cherish,
Shall with the hider of his Tallent perish.

Transgression first did sinne in man beget,
Sinne, sicknes, death, and mischiefes many more:
For as mens mindes on wickednes were set,
So plagues increast, which were not knowne before.
But God, whose mercie, iustice doth exceed,
Sends helps for hurts, and salues for sores at need.

The

The burning Feuer, calde the Calonture,
The aking Tabardilla *peſtilent,*
*Th'*Eſpinlas *prickings, which men do endure,*
Cameras de Sangre, *Fluxes violent,*
*Th'*Erizipila, *ſwelling the Pacient,*
The Tiñoſo, *which we the* Scuruey *call,*
Are truly here deſcrib'd, and cured all.

Si Dios no es adorado,
nunca ſeras bien curado.

BRITISH
4 OCT 71
MUSEUM

The Cures of the Diseased, in remote Regions.

THE CALENTURE.

THe *Calenture* (or burning Feuer) called by the *Spaniards, La Calentura,* is the most vsuall Disease, happening to our Nation in intemperate Climats, by inflammation of blood, and often proceeding of immoderate drinking of wine, and eating of pleasant Fruits, which are such nourishers thereof, as they preuent the conuenient meanes, that are vsed in curing the same.

To know the *Calenture*.

THe *Calenture* at the first apprehension afflicts the Pacient with great paine in the head, and heate in the bodie; which is continuall or increasing, and doth not diminish and augment as other Feuers doo: and is an introduction to the *Tabardilla*, or Pestilence; whereof next is intreated: but then the bodie will seeme very yellow.

To cure the *Calenture*.

SO soone as the Pacient is perceiued to be possest of the *Calenture*; except the Chirurgion defer it for danger of the Signe (I haue seene the time of the day not respected) to open the *Median-veine* of the right arme, and take such quantitie of blood, as agreeth to the abilitie of the bodie; which not asswaging the heate, by the next day; to open the same

Veine

Veine in the left arme, and [illegible] so much more blood as his like[illegible]doo. And the bodie being Costiue (for so commonly the Patients are) to giue him some meete Purgation; and not to permit him to drinke other then water coolde, wherein Barley & Anniseedes haue been sodden with brused Licorice. And if within foure daies the partie doo not amend, or being recouered doo take it againe; then open the *Sephalica veine*, in one or both hands, bathing them in warme water, vntill there comes so much more blood as cause requires. And not to suffer the Pacient to drinke, seuen dayes after he is perfectlie recouered, any other drinke, then such water as herein is directed.

THE TABARDILLA.

THe Disease called by the *Spaniards, La Tabardilla*, and by the *Mexicans, Cocaliztia*, is named by other *Indians; Taberdet*: and is so ex-

ceeding peſtilent and infectious, as by the ſame, whole Kingdomes in both the *Indias* haue been depopulated: which ſeemeth to inſue of the ignorance of the ſauage people, to miniſter redreſſe to themſelues. For the *Spaniards* and *Portugals* there inhabiting, and in their natiue Countries, where it is alſo contagious, before they had this knowledge, did aboundantlie die thereof. But now by applying the meanes here deſcribed, they are recouered of the ſame.

To know the *Tabardilla*.

THe *Tabardilla* firſt aſſaults the Paciēt very vehemētly, with pain in the head and backe: and the bodie ſeeming yellow, is ſome ſigne thereof, and within 24. howres it is ſo torturous, that he that is poſſeſt therof, cannot ſleep or reſt, turning himſelfe on either ſide, backe and bellie; burning in his backe moſt extreamely. And when it growes to perfection,

fection, there will appeare red and blew spots vpon the Pacients breast and wrists. And such persons as haue not presently applyed vnto them, meanes requisite to preuent it, will be by the incomparable torment thereof, depriued of their wits. And multitudes haue desparingly slaine and drowned themselues, that by losse of their liues, they might finish their terrestriall paine.

To cure the *Tabardilla*.

WHen the *Tabardilla* is perceiued to afflict the Pacient, permit him not to lie very warme, nor vpon Feathers (for of what qualitie soeuer he is in *Spayne*, hauing this sicknes, he is layd vpon Wheate straw:) Then immediatly open the *Median veine*, first in one arme, and the next day in the other, taking a good quantitie of blood: And let him haue water colde, wherein Barley and Anniseedes haue been sodden, without

Licorice (for I haue heard the opinion of good Phisitions of *Spayne*, that Licorice is hurtfull vnto them) so much as he will desire, which will be euery moment; but no other drinke, nor any raw fruits: and so soone as the spots appeare, giue him some Cordiall potion: and laying him vpon his bellie, set sixe *Ventoses* together in his backe, betweene and beneath the shoulders. And scarifying them, draw out (if it bee a bodie of strong constitution) 18. ounces of blood. After which, and that he hath slept, he will feele ease within 24. houres, and finde such alteration in himselfe, as he will thinke that he is deliuered of a most strange torment. Then giuing him nourishing meats moderatly (for he will desire to eate much) the fourth day giue him some cõuenient Purgation. And if in the meane while he is Costiue, prouoke him euery day by Clisters: and admonish him to forbeare fifteene daies all other drinke, then that is ordained. And to bee carefull of his

diet:

dict for this *Tabardilla*, which we call here in *England*, Gods Tokens, come a-gaine vpon the Patient, he can hardly e-scape it. And it is no lesse infectious, then the vsuall English Plague.

THE ESPINLAS.

THe *Espinlas* is a very strange sicknes, and vsuall in those parts, to such as take cold in their breasts, after great heat or trauell. And most times it comes to those that lye with their breasts vpon the ground (especially) in the night.

To know the *Espinlas*.

THe partie hauing the *Espinlas*, will be giddie in the head, and haue pain and pricking at his breast, as with many thornes: wherefore I thinke it is so called of *Spina* and *Espina*, the Latine and Spanish words for a Thorne. And there

will

will be vpon *Huesso radio*, or *Focell*, being the vpper bone of his arme, a hand breadth aboue the wriſt, a little kernell, by which it is certainly knowne. And he that hath this Diſeaſe, will not haue appetite to meate or drinke; nor cannot digeſt meate, although he bee procured to take it.

To cure the *Eſpinlas*.

THe *Eſpinlas*, appearing by the former ſignes: Take Oliue oyle preſently, and therewith chafe the kernell vpon the Pacients arme, vſing ſo to doe twiſe euery day, vntill it bee diſſolued: and laying Oyle likewiſe vpō his breaſt, ſtroke it vpwarde ſomewhat hard with the hand: then ſpread fine Flaxe vpon it and the kernell, making it faſt with a rowler: and within two or three dayes, the diſeaſed thereof will be recouered. Whereas els it is very dangerous to depriue them of life.

LAS CAMERAS, OR *Cameras de Sangre.*

THAT is Laxatiuenes, or Bloodie Fluxe, which in thoſe parts proceedes of diuers cauſes. As by eating of Grapes, Orringes, Limonds, Mellons, Plantans, and eſpecially a great Fruit that growes in the *VVeſt India*, called *Pina*, like a Pine-apple, but bigger then foure of the greateſt that I haue ſeene; which the *Spanyards* doe repute to be the moſt delicate Fruit that is there, and many other Fruites. Alſo by ſudden colde, or ſitting (being very hot) vpon a colde ſtone, or, being hot, by drinking Water abundantly. And alſo eating of Butter, Oyle, and Fiſh, is ſo hurtfull to the parties that haue it, that they muſt refraine to eate thereof: and whatſouer els, that defiles the entrailes, with any ſlimie ſubſtance.

To cure Las Camaras, or Camaras de Sangre, which is the Bloodie Flux.

WIth the more expedition, that medicine is ministred to the diseased of *Camaras de Sangre*, *Laxatiuenes*, or *Bloodie Flux*, there is the more possibilitie it should preuaile. And detracting it, the Pacients often die suddenly, without feeling much griefe. For speedie and assured remedie thereof, the Pacients bodie must bee clensed of the slimines, engendered in the passages of the nutriments, before anie sustinance can remaine in his bodie. And for that purpose, giue to purge him in the morning, halfe a pint of white Wine coold, wherin ½ ounce of Rubarb hath been sodden, being small cut; putting in some Suger Candie to sweeten it. And immediatly after he hath so purged, keepe at his nauell Rosemarie sodden in strong Vineger, ap-

plied

plied in the morning and euening verie hot, vntill he be stayed: giuing him often Quinces bruised and rowled in Marmelet like Pils, which hee should swallowe whole, and none of the Fruits, or meates before recited, nor any more white wine, but red wine of any sort. And if it be on Land, the liuers of Goates (especiallie) Sheepe, or Bullocks rosted: not willingly permitting the Pacient to eate any other meate. And if at Sea, Rice only sodden in water, rather then any thing else vsuall there, vntill the infirmitie is perfectly assuaged.

THE ERIZIPILA.

THe *Erizipila* is a Disease very much raigning in those Countries, the rather proceeding of the vnholesome aires and vapours, that hot Climates doo yeelde, whereof many people doo perish. And

ted by Medicines, presently ministred to the Pacients vexed therewith.

To know the *Erizipila.*

HE that hath the *Erizipila*, will bee swolne in the face, or some part of him, and it will be of yellow colour mixt with red. And when it is thrust with the finger, there will remaine a signe or dint of the same: and then by degrees it will fill againe to the former proportion. And it speedily infecteth the inwarde parts, because such swellings comes sooner to perfection in hot places, then in temperate Countries. And therefore the diseased thereof, must bee immediatlie prouided of remedie.

To cure the *Erizipila.*

SOme sauage people haue first found perfectly to cure this *Erizipila*, although

though it is the *Spanish* name of the Maladie; by bruſing ſo much *Tobaco*, as will yeeld foure ſpoonfuls of iuyce, and to drinke it preſently after they are infected therewith. And to launce the places ſwolne; thereunto putting *Caſada* wet, and made in paſte. Continuing in colde places and ſhadie, neere Riuers: and not to trauell or labour, vntill they are recouered. But the *Spanyards* in *India*, recouer themſelues by taking the ſame iuyce of *Tobaco*, and ſetting ſo many *Ventoſes* vpon the ſwolne places, as they can containe, ſcarrifying them, and drawing out the corrupted Humour ſo congealed. And doing the like in two or three other parts of the bodie, where the Diſeaſe doth not appeare.

The iuice of Tobaco, *is very excellent to expell Poyſon, and is the ordinarie remedie vſed by the* Indians, *and many other ſauage people, when they are poyſoned, and bit with Scorpions, or other venemous creatures. But*

they presently make store of Tobaco, and wash the place where they are bit or stung, and wash it with the iuyce of Tobaco: *then applying the same bruised thereunto, two or three dayes, they heale it vp with dried* Tobaco.

THE TIÑOSO.

THe *Tiñoso*, or *Sceruey* is an infecting Diſeaſe, ſufficientlie knowne vnto Seafaring men: who by putrified meates, and corrupted drinkes, eating Bisket flowrie, or foule cruſted, wearing wet apparell (eſpecially ſleeping in it) and ſlothfull demeanour, or by groſſe humours contained in their bodies, obtaine the ſame.

To know the *Scuruey*.

ALthough moſt Chirurgions, and chiefly thoſe that frequent the Sea, doo vnderſtand how to diſcerne when their Pacients haue the *Scuruey*; becauſe

it

it is so ordinary at Sea, as it hath been seldome seene, any Ship or Pinnice, to bee foure moneths vpon any Voyage, to any part of the world, not ariuing where they haue been supplied and relieued with the benefits of the Land: but some of the Companie haue had this Disease. Yet it is not impertinent here to insert the signes thereof: the rather, because I haue known some so destitute of knowledge, to discerne and cure the same, as the losse of men lost thereby, hath diuerted determined purposes to proceed on Voyages: and others to perish, when they returned out of hot Regions into cold Climates, where they haue had the lineaments of their bodies, that with heate are nimble and tractable to euerie motion of the spirits, dulled and benummed with colde: which is a token that this disease is engendring in their ioints: and soonest appeares by swelling of their anckles and knees, and blacknes of their gummes, or loosenes of their teeth,

which

which will sometimes come forth, before
there is not redresse ministred in season.

Preseruatiues against *the Scuruey.*

TO preserue men from the *Scuruie*, there must be care to prepare those things before rehearsed, well conditioned: the badnes whereof doth partlie breede the inconuenience. And men themselues must haue a discreet endeuour to auoid their owne ruine, by vsing exercise of their bodies. And such as are exempted from being commanded to doo labour, to hang by the armes twise or thrice euery day. And not to haue scarcitie of drinke in hot Climates: and comming into the cold, to be daily relieued with *Aqua vitæ*, or wine. Also it is a certaine and assured medicine against this Disease, to haue such quantitie of Beere brewed with Graynes and Long pepper, as in the morning twise euerie

weeke

weeke there may be giue a good draught to a man, proportioning three quarters of a pound of Graines, and three quarters of a pound of Pepper to a hogshead of Beere. But white Wine or Syder, boyled and brewed with Graynes and Long pepper, in like quantitie, is very singular good. And it is not fit to suffer the gums to abound with flesh: and therfore sometimes let them bleede, and cleere them with strong Vineger.

To cure the *Scuruey*.

THe partie that hath the *Scuruey* setled in his mouth, must haue the corrupted and black flesh takē away, washing his mouth with strong Vineger, wherein Graines and Long pepper haue been infused and brewed: and giue him the drinke daily that is before prescribed. And aswell such as haue it in their mouthes, as those that are swolne in their limmes, must haue some meete Purga-

tion presently. But those so swolne or stiffe (for so some will bee without swelling) to scarifie the parts infected, and to applie thereunto a *Pultis* or *Cataplasme* of Barley meale, more hot then the Pacient will willingly suffer it. So doing euerie morning, permit him not to rest two houres after, although hee being nummed or faint, be supported to walke: and not to suffer him to eate any salt meates, if other may be had.

My selfe hauing 80. *men*, 800. *leagues forth of* England, *sicke of the* Scruey, *I caused this meanes of scarifying to be vsed, and to the places scarified, Pulteses (being destitute of the helpes mentioned) to bee applied of Bisket, beaten in a morter, and sodden in water: Which with the comfort of some fresh meates (obtained) recouered them all, except one person, and they arriued in* England *perfectly sound.*

Con-

Conclusion.

LEt no man boaſt of beautie, ſtrength, or youth:
For like to flowres we bud, we ſpread, we fade:
Nothing is certaine, but the certaine truth,
To day a man, to morrow but a ſhade.
His laſt apparell, cut out with a ſpade,
Of Natures courſeſt ſtuffe (I meane) her molde,
Muſt ſhrowd the corps, that liuing ſhone in golde.

Quando tengas, mas fortuna,
mira que es, como la Luna.

To the Reader.

THE cause that induceth mee, publiquelie to expresse the Cures of Diseases of such consequence, as euery iudiciall conceite may perceiue, to haue been the onely preiudice to our Nation, in the expeditions of our time to the Southerne parts: from whence in this and former ages, the English haue returned with renowmed Victorie; yet exceedinglie oppresst with extreame and penurious sickneſſe, that hath much more preuented the proceeding and performing of their pretentions, than the power of Enemies: is not that I purpose, practitioner-like in Phisick or Chirurgerie, to assume vnto me anie knowledge in those Sciences and Faculties: but to possesse all men

of

To the Reader.

of remedie for such [illegible], as in my
owne experience, haue infinitely impaired
English Forces in intemperate Climates.

VVhich I publish, for the good of those,
whom cause may compell to haue
vse thereof, and would
be so censured
of all.

( )

BRITISH
4 OC 71
MUSEUM

Imprinted at Lon-
don by *Felix Kingston, for*
Humfrey Lownes.
1598.